

JUNEAU YOUTH SERVICES, INC.**SECTION:****Approved By:**
Executive Director
Board of Directors**No.:****Date:****Page:****SUBJECT: Wellness Policy on Nutrition & Physical Activity****Purpose:**

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive; Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity; Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

To strengthen our clients' access to healthy foods and opportunities to be physically active, promoting their growth, health and learning.

Policy:

Juneau Youth Services (JYS) is committed to providing environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Foods and beverages served at JYS facilities, operating in accordance to the National School Lunch Act, will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. JYS will also strive to the greatest extent possible to meet the *U.S. Dietary Guidelines for Americans* in the non-residential, community programs.

General

Staff will provide youth with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs and will provide clean, safe, and pleasant settings and adequate time for youth to eat. JYS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. JYS will create, strengthen, implement, monitor, review, and, as necessary, revise nutrition and physical activity policies. JYS will share information about the nutritional content of meals with youth (and parents as applicable). Such information could be made available on menus, on kitchen menu boards, placards, etc. JYS will consult with qualified nutrition professionals.

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;

Policy No.
Date:
Page

- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Breakfast

To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn, JYS will, to the extent possible, operate the School Breakfast Program.

Meal Times and Scheduling

JYS will provide youth with at least 10 minutes to eat for breakfast and 20 minutes for lunch;

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule group, homework, or meetings or activities during mealtimes, unless youth may eat during such activities;
- will provide youth access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of youth with special oral health needs (e.g., orthodontia or high tooth decay risk).

Vending Machine Beverages

Beverages offered or sold individually to youth will meet the following nutrition standards:

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Snacks

Snacks served will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. JYS will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages, and other considerations.

Policy No.

Date:

Page

Rewards

JYS will not use foods or beverages, as rewards for performance or good behavior, and will not withhold food or beverages as a punishment.

Physical Activity

For youth to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for youth to fully embrace regular physical activity as a personal behavior, youth need opportunities for physical activity. Toward that end, staff will complement physical activities by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.